

Upside-Down Friday

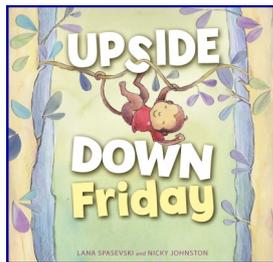
By Lana Spasevski & Illustrated by Nicky Johnston

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Upside-Down Fridays turn Hugo the monkey's routine into chaos and fill his tummy with butterflies. Find out how he discovers the fun in change with this story about the power of friendship. With emotive language and unique 'upside-down' illustrations, *Upside-Down Friday* is the perfect resource for building emotional resilience in children.



Teacher Notes have been based on those supplied by the publisher. A full version is available on our website.

Themes:

- Anxiety
- Resilience
- Friendship
- Courage
- Emotional Wellbeing

Discussion Questions and Activities:

These questions and activities can be adapted to suit the experience and ability of students.

Before Reading:

- Look at the cover of *Upside-Down Friday*. What do you see?
- How do you think the character is feeling? Why? What does it make you wonder?
- What might the title tell you about the story? What might happen on an 'upside-down Friday'?
- This 'upside-down Friday' is a bit different to the other days of the week. How do you feel about changes to your normal routine? What are some ways you can feel better about unexpected or surprising things?

After Reading:

- What was the story about?
- How did Hugo feel at the beginning of the story? Why do you think he felt this way?
- Do you think Mum was helpful to Hugo? How?
- What was an important thing for Hugo to remember when he was worrying about the upside-down day?
- How might Hugo be feeling when "his stomach flipped with frenzied flutters", or "his heart thumped like claps of thunder"?
- What do you like about the illustrations? What do the pictures tell you about the way Hugo is feeling? What do you notice about his body language and facial expressions throughout the story? Do they change?
- Do you think Hugo is the kind of character that doesn't like being upside-down? What about Maddie? How are they different? How are they the same?
- What did Hugo learn about managing his worried feelings? What did he find out about on Upside-Down Friday that wasn't so scary?
- Which character in the story do you think you relate to the most? Why?
- How might you help someone who felt worried about joining in an activity?
- What other kinds of fun activities can you think of to do on an Upside-Down Friday?

Calendar Time:

- Timetables: Using a calendar, discuss events that happened 'yesterday', and events happening 'today' and 'tomorrow'. Write a sentence for each and illustrate. Create your own timetable of special events for the week.
- Times of the day: Break down your timetable into times of the day. What time is morning teatime? Lunchtime? Sport?

Colour Wheel Umbrellas:

- Explore the medium of watercolour paint and the technique of colour mixing to create a colour wheel umbrella.
- Draw an open umbrella and paint each section (8 parts) with each colour (red, orange, yellow, green, indigo, navy, purple, violet). How do the primary colours create secondary colours?
- Create a scene and characters around your colourful umbrella.